Mental Health

Are you feeling:
- overwhelmed
- withdrawn
- sad
- loss of control
- panicked
- depressed
- alone
- thoughts of suicide
- loss of interest in usual stuff

Feel stressed out?
- Take deep breaths
- Focus on the positive
- Find time to cool out
- Get your body moving
- Eat something healthy
- Do one thing at a time
- Think of what you like to do
- Talk to someone about it

Make time for FUN and REST too.

IF YOU NEED HELP, CHECK OUT THESE PHONELINES AND WEBSITES!

HELPING A FRIEND?

√ LISTEN
√ DONT JUDGE

If helping family or friends becomes too much, it’s OKAY to take a break and get your own support.

Asking about suicide will NOT suggest or encourage the idea. ASKING LETS THEM KNOW YOU CARE.

Questions about meds? Call a pharmacist!

Klinic Crisis Line
1.888.322.3019 or 204.786.8686

Manitoba Suicide Prevention and Support Line
1.877.435.7170

Youth Mobile Crisis Unit
204.949.4777

www.teentalk.ca
www.reasonstolive.ca
www.stresshacks.ca
www.reachout.com.au
www.youngminds.org.uk
www.depression.mb.ca
www.honoringlife.ca
www.womenshealthclinic.org

www.teentalk.ca | teentalk@teentalk.ca | Find us on Instagram, Facebook and Twitter! (TeenTalkMB)

Teen Talk is not a crisis service. If you need to talk, please call the Klinic Crisis Line at 204.786.8686 or toll-free at 1.888.322.3019
You are not alone! Talking can help.

Of course, everyone is different. What helps one person may not help someone else. Do what FEELS RIGHT FOR YOU.

It can be hard to recall what helps when we’re feeling down. Fill this out when you are feeling good and take a look when you need it.

Pathways to Health

Three people I can talk to:
1. 
2. 
3. 
(check out the phone #’s on other side!)

Three activities I like to do:
1. 
2. 
3. 
(eg. Cooking, video games, hanging out with family/friends)

Three things I like about myself:
1. 
2. 
3. 
(eg. My jokes, my sports talent, my taste in music, my smile, and so on!!!)